

The most important thing about cold weather swimming is to keep yourself as warm as possible. You will be warm when you do your warm-up, races/practices and warm-downs, however you might need to plan for the time in-between.

Things to remember for Cold Weather Swimming:

- You still need to stay hydrated. **DRINK WATER!**
- You lose heat through your extremities. **KEEP THEM COVERED**
- Stay sheltered if it is windy.
- Your pre-race routine should be different than during the warm weather season. When it is cold try to go to the blocks, ready to swim, in your parka, cap and boots.
- After your race, make sure you warm-down **IMMEDIATELY**. When you have completed your warm-down, get dressed before you come and talk to the coach.
- You will have to pack more for a cold weather swim meet/practice, but don't forget your cap and goggles.

Essential Cold Weather Swimming Items:

- **A HAT!** Cover your head at all times especially when it is wet. After you swim try to towel dry your hair as much as possible and then put on your hat.
 - **SHOES, SOCKS, BOOTS...** Something on your feet. Slip-on boots are the best. You can wear them, your parka and a hat/cap to the blocks before your races. When you hear the three whistles for your heat, kick them off.
 - **GLOVES/MITTENS.** Keep your extremities covered
 - **EXTRA PAIR OF DRY CLOTHES.** Things get wet at swim meets.
 - **EXTRA TOWELS.**
 - **PARKA/JACKET.** Never hurts to have that extra layer. A blanket can help if you need a layer on top of your parka.
- Little Extras:** Hand/feet warmers, scarf or extra layers.

Food and Drink Items

- **NO MILK**
- **DRINK EXTRA WATER**
- **NO Candy, Pop, chips, etc.**
- **Eat a good breakfast of cereals, toast, muffins, bagels, fruit, etc.**
- **Eating during the meet.** If you need to eat during the meet try to eat fruit, muffins, and bagels. Eat in moderation and try not to snack a lot.

Pre-competition meal planning

When an athlete plans his or her pre-exercise/pre-competition meal, they should consider the type, timing and amount of food intake. The goals should be to:

- Focus on fueling for the day, not the race.
- Maintain energy/blood sugar levels.
- Maintain hydration.

One Hour or less to go

100 to 200 calories (25 to 50 grams carbohydrates)

Fruit and vegetable juice such as orange, tomato

AND/OR

Fresh fruit such as apples, watermelon, peaches, grapes, or oranges

AND

1 ½ cups of a sport drink

2-3 hours to go

200 to 500 calories (50 to 125 grams carbohydrates)

Fruit and vegetable juice such as orange, tomato

AND

Breads, bagels, English muffins with limited amounts of butter, margarine, cream cheese or peanut

AND

4 cups of a sport drink

3-4 hours to go

500 to 1200 calories (125 to 300 grams carbohydrates)

Fruit and vegetable juice such as orange, tomato

AND

Breads, bagels, baked potatoes, cereal with low-fat or skim milk, low-fat yogurt, sandwiches butter with a small amount of peanut butter or lean meats and cheese

AND

7 ½ cups of a sport drink

Recovery foods – refueling the muscles

Many athletes spend valuable time and money planning and preparing their pre training/pre-competition meals. While the pre-exercise meal is essential for peak performance, the post-training and post-competition meal is equally important. To maximize muscle glycogen repletion between daily training sessions or meet days carbohydrates should be consumed immediately following exercise. **Within 30 minutes, start to refuel! Within 2 hours get a meal!**

Nutrient dense/high carbohydrate recovery foods & beverages

Orange juice 8 oz. 27 gm

Cranberry juice 8 oz. 38 gm

Raisins 1 cup 115 gm

Pasta 1 cup 39 gm

Bagel 2 oz 31 gm

Banana 1 med. 28 gm

Cereal/dry 1 cup 20 gm

Orange 1 med. 15 gm